



NEWS IN A "HEARTBEAT"



Peninsula MRC Volunteers to date = 335 Approved Level 1, 2, 3 volunteers

WELCOME JULY VOLUNTEERS: Lisa Ballou, Caroline Cox, Vanora Estridge, John Fleming, Claudia Hodges, Alison Johnston, Brian Kean, Ryan Lepsch, Yvette Rodriguez

THANK YOU: Mary Begor, Marnie Blalock, Michelle Boone-Thornton, Dale Bull, Ben Burrell, Diana Cary, Martha Clift, Carolyn Conley, Michelle Donnell, Fran Doyle, Sharon Driscoll, Linda Erdman-Cline, John Fleming, SherriAnn Harris, Ed Higgins, Adgelina Hill, Sherri Kelley-Davis, Ryan Lepsch, Heidi Lugo, Jenny Moyer, Sabrina Newman, Pam Nicholls, Charles Olson, Pat Olson, Jacqueline Peyton, Joicel Riviera, Kandace Rodgers, Yvette Rodriguez, Katie Rosenbaum, Sarah Rozycki, Brenda Sarno, Julie Segor, Stacey Shuler, Beth Sigler, Claudia Spurill, Kathy Whitehead, and Tim Winstanley

EVENTS: Women's Pampering Day, Volunteer Responder Care/Deployments, Type 2 Diabetes Health Education, ICS-100, 200, 700, Orientation, BP Screenings, WIC, Hampton Health Dept, Program Support.

74 Volunteers Provided 302.75 Hours of Service; 261.50 Non-Medical and 41.25 Medical and 5 VVHS Alerts were sent



Help us prevent 1 million heart attacks and strokes in five years. <http://millionhearts.hhs.gov/index.html>

Peninsula MRC Volunteers provided 14 BP Screenings in July 2013.

Peninsula MRC "Healthy Me! Move In To Health" Fighting Obesity in Children... Agritourism...



On July 19, PenMRC collaborated with James City County Parks and Recreation "Rec'n' It Out" pilot to provide a farm tour for an income based community.

Twenty nine children from Lafayette Village were bused to Holly Fork Farm in Barhamsville, VA to learn how various fruits and vegetables could be cooked, eaten, or used for remedies, take a tour of the farm via hayride to see



how the crops grow and learn about farm animals, and taste various kinds of fruits and vegetables. Though it was a very hot day, the children enjoyed themselves and many had indicated trying fruits and vegetables "for the first time".



PenMRC Program Manager Teresa Blakeslee was happy to see how the kids began encouraging each other to try them; A favorite seemed to be the yellow watermelon. The owners of the farm, Michael and Stephanie indicated that this was the

first time they had been requested and done a produce tasting during a tour, and they plan to incorporate that in to all of their agritourism events for children. All in all, this was a positive experience for the children, and many now plan to incorporate healthy snacks in to their daily diet.

The children will also be participating in interactive cooking classes using fruits and vegetables, and Julie Segor will be assisting in training and ushering them in a 5k race in Williamsburg on August 10.

Thanks to National Association for State and County Health Officials (NACCHO) for the award funds to PenMRC that made this activity possible.



Exercise Highlight...

Throughout the months of June and July, Peninsula MRC along with Emergency Planner Kevin Pearce, staff from Environmental Health, and Health District Director Dr. Teule-Hekima participated in Surry Power Plant Radiological FEMA graded evaluations—Pathway Ingest, EOC activations, and other out of sequence exercises were happening in all of the localities across the District.

Fiscal Facts and Figures...

July 1, 2012 thru June 30, 2013

Volunteer Engagement:

Opportunities: 344

Volunteers Supporting: 608

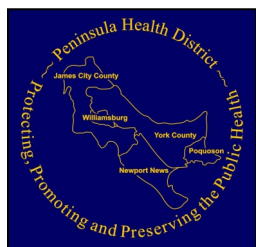
Total \$ Value: \$51,347.57

Support: \$34,054.59

Medical: \$17,292.98

Total Volunteer Hours: 1,975

Thank you for a great year!



Peninsula Medical Reserve Corps - Peninsula and Hampton Health Districts

Volunteers Protecting the Health of Virginia

(read more on Page 2)



Training...

Is still the gateway to rapid deployment during a disaster. Peninsula MRC is working a Power Training Day for late fall.

On July 23, MRC Volunteers and Eastern Region Coordinators participated in the pilot class "Volunteer Responder Care / Deployments" with



Peninsula MRC Volunteer Instructor and Crisis Intervention Community Support Specialist Mary Begor. This class provides the skills and knowledge for supporting MRC volunteers during a disaster exercise, deployment, or following a disaster incident. This course

also teaches volunteers to assess their own coping skills in an attempt to reduce experiencing trauma during a disaster deployment.

[View Eastern Region MRC Training Calendar calendar](#)

Public Health Outreach...

Is still a big part of the day to day operation in Peninsula MRC.

On July 20, Women's Pampering Day took place at the World Outreach Worship Center in Newport News. This was an inaugural event promoting a time to nurture and relax the total body for women in transition. Area professionals and volunteers provided hair care,



facials, skin care education, manicures, pedicures, massages, clothing giveaway, and health screenings.



Sixteen Peninsula MRC volunteers provided 20 blood pressure screenings, 24 Diabetes & Podiatry screenings, 32 TDAP



vaccinations, 32 Hygiene Education screenings, and 13 participants received Art Therapy, provided by Norfolk MRC. Emergency Preparedness education was also provided.



[View Peninsula MRC Public Health and Outreach Calendar calendar](#)

Emergency Response...

It does seem like disasters are on the rise...



Be Prepared... Copy and paste this link in to your browser, or come in to the Peninsula MRC Office to pick up the study manual.

<http://www.training.fema.gov/EMTWeb/IS/courseOverview.aspx?code=is-22>

Contact Information:

Peninsula Medical Reserve Corps
Peninsula Health District
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Newport News, VA 23601
Main: 757-594-8045
Fax: 757-594-8612

Please bookmark these websites:

PenMRC: <http://www.vdh.virginia.gov/MRC/peninsulamrc>

VVHS (Virginia Volunteer Health System): <https://vms.vdh.virginia.gov/vms/default.jsp?main=reg>

TRAINVirginia: <http://va.train.org>

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<http://www.youtube.com/watch?v=uPq-WRAARTw&feature=youtu.be>



E-NEWS FLASH FROM PENINSULA MRC—AUGUST 2013

Volunteers Protecting the Health of Virginia